

## Claim or Claims

What I claim as my invention is an exercise and training device for swimming providing:

- a) a means for channeling the passage of water
- b) a means for variable restriction of said passage of water
- c) a means for coupling a swimmer to said channeling means and said variable restriction means

whereby said swimmer tows said channeling means and said restricting means while swimming, the swimmer being acted upon by a resistive force providing a beneficial stimulus to the muscles.